

alzheimer's  association®

2019 DEMENTIA INFORMATION & SUPPORT GUIDE





Advancing Medicine Together.



WESTERN MICHIGAN UNIVERSITY

— Homer Stryker M.D. —

SCHOOL OF MEDICINE

Center for Clinical Research

269.337.4324 | clinicalresearch@med.wmich.edu | med.wmich.edu

A letter from our Executive Director

Dear Friends,

Please enjoy the 2019 Dementia Information and Support Guide! We hope you find this information useful, informative, and reassuring; whether you are one of the 180,000 people living with Alzheimer's disease in Michigan, or are among the half-million individuals in our state serving as caregivers for those affected.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

As the largest nonprofit funder of Alzheimer's research, the Association is committed to advancing vital research toward methods of treatment, prevention and, ultimately, a cure. Truly, there has never been a more exciting time in Alzheimer's and dementia science.

Perhaps the most promising studies are centered on prevention – testing to see if we can intervene with people at high risk before the dementia symptoms start. The Alzheimer's Association is providing funding to several of these trials. Just this past January, we announced that we will be awarding more than \$800,000 to support the SPRINT MIND 2.0 Study, which will further investigate the impact of intensive blood pressure treatment on reducing risk of dementia. The Alzheimer's Association also recently announced the 2018 launch of the US POINTER study, a 2-year clinical trial to test the effectiveness of a multicomponent lifestyle intervention in preventing cognitive decline and dementia.

Until we find a cure, we remain committed to care. Whether through community education programs, support groups, family care planning or our 24/7 helpline, we are here in your local community to help you through this journey. The Michigan Great Lakes Chapter serves 23 counties of Michigan but we have chapters covering all counties throughout the United States. If you have questions or need help, please do not hesitate to reach out to us at **1-800-272-3900** or **www.alz.org**.

As part of this guide, you will find community partners who helped us move our mission forward through sponsorship of our 2018 Walk to End Alzheimer's. We thank them for their support, and as always, we wish to thank all of our volunteers, donors, community partners and everyone who helps us get one step closer to our vision.

Until, together, we find a cure,

Jennifer W. Howard

Jennifer Howard
Executive Director



Michigan Great Lakes Chapter

Ann Arbor

South Central Region

564 South Main Street
Suite 200
Ann Arbor, MI 48104
734-369-2716

Okemos

Capital Area Region

2111 University Park Drive
Suite 200
Okemos, MI 48864
517-999-3004

Kalamazoo

Southwest Area Region

200 Turwill Lane
Suite 6
Kalamazoo, MI 49006
269-342-1482

Muskegon

West Shore Region

549 Seminole
Suite 103
Muskegon, MI 49444
231-780-1922

800.272.3900
alz.org/mglc

MICHIGAN GREAT LAKES CHAPTER STAFF

Jennifer Howard
Executive Director

Jamie Hochman Herz
Program Director

Jennifer Hunt
Public Policy Director

Melissa Goodson
Development Director

South Central Region
Nicole Colley
Development Manager

Ashley Elliston-Cowher
Program Coordinator

Marsha Oberleiter
Walk Coordinator

Stephanie Wolyniak
Administrative Assistant

Southwest Area Region
Cassidy Ardelean
Program Coordinator

Samantha West
Communications Director

Cammi Robinson
Senior Program Specialist

Charmaine VanDeCar
Operations Manager

Capital Area Region
Nicole Bebee
Walk Coordinator

Matt Phelan
Public Policy Manager

West Shore Region
Tim Breed
Community Engagement Manager

Laura Klassen
Program Coordinator

Erin Murphy
Special Events Coordinator

MICHIGAN GREAT LAKES CHAPTER BOARD OF DIRECTORS

Nanya Litz
Board Chair
Kelvyn Williams
Vice Chair

Lisa Aragon
David Downey
Lynn Etters
Bruno Giordani
Julie Holton
Debra Kosty

Lauren Kovach
Chris Maier
Maureen Mickus
Jimmie Plaskey
Darcy Schneider
Micheal Shafer

AND MORE THAN 300 ACTIVE VOLUNTEERS!

Life is Complicated, Protecting Your Family Shouldn't Be.

The Elder Care Firm of Christopher J. Berry, CELA focuses on helping seniors, veterans, and their families protect their assets from the devastating cost of long-term care.

Being diagnosed with Alzheimer's or Dementia can end up costing a family over \$738,000 according to USA Today, October 15, 2015. Don't let chronic illness like Alzheimer's Disease bankrupt your family. There are legal steps you need to take today to protect your assets so that your family doesn't go broke paying for long-term care. The earlier you start planning, the more you can protect.



Contact The Elder Care Firm right now to start planning and protecting your family at **(888) 390-4360**.

If you'd like more information, call and register for one of our **Free LifeCare Planning workshops** that will answer your questions on planning for long-term care with Medicaid or Veterans Benefits. *check this out!*



The Elder Care Firm

of Christopher J. Berry, CELA

P: (888) 390-4360 | E: contact@theeldercarefirm.com | W: TheElderCareFirm.com

Get the help you need

The Alzheimer's Association facilitates clinical research, educates and offers support. Below, you can find the programs that best address your needs. You can also contact us if you would like us to arrange a program in your area.

Education programs

The Alzheimer's Association, Michigan Great Lakes Chapter organizes education programs in communities throughout the area. Learn the 10 warning signs and basics of Alzheimer's disease, get tips on habits for healthy aging, get help on how to have conversations about care or financial and legal matters, and get support on how to communicate effectively and how to cope with difficult behaviors. Dates, locations and topics vary month to month. Advance registration is requested.

Support groups

We offer support groups for anyone impacted by Alzheimer's disease or other types of dementia, whether you are the primary caregiver, a long-distance family member, or friend. Support groups meet monthly at various locations throughout the state, and are open to caregivers at any time. Early-stage social engagement programs are available for those living in the early stages of the disease, and an initial phone conversation is recommended to ensure the group is a good fit for the person with the disease and their care partner. For those who can't make it to an in-person support group, AlzConnected® is a free online community for everyone affected by Alzheimer's. Our toll-free helpline is also available 24/7, 365 days a year at 800-272-3900.

Care consultations

Care consultations can be done in person or on the phone. They allow caregivers and the person living with Alzheimer's to develop an action plan with the help of a social worker. All consultations are tailored to individual needs, but often include an assessment of needs and assistance with planning and problem solving.



Alzheimer's Association TrialMatch®

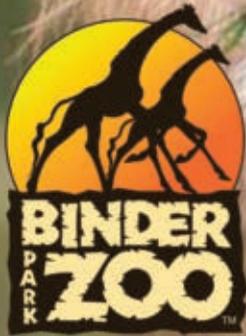
TrialMatch is a free program that matches individuals with Alzheimer's, caregivers, and healthy volunteers with clinical trials. After signing up, you will receive suggestions of trials for which you might be eligible. It is always up to you to decide which trials you are interested in. Once you express an interest, the researchers running the study may contact you and ask you to participate. There are currently over 225 clinical studies participating in the program, all conducting research to find a cure, a treatment to alleviate symptoms, or a way to diagnose Alzheimer's earlier and with more accuracy.

Physician outreach and professional training

The Alzheimer's Association offers support and training to physicians and professional caregivers. Some services include care training and certification, extensive online resources on diagnosis and best practices, and an e-newsletter for health care professionals.



PHOTO CREDIT: TODD RUBLE



VISIT & DISCOVER

OPEN DAILY APRIL 17 - OCTOBER 6, 2019
I-94 EXIT 100, 3 MILES SOUTH OF BATTLE CREEK
BINDERPARKZOO.ORG



Find local care and support services with Community Resource Finder

The Alzheimer's Association and AARP have partnered to provide the Community Resource Finder, which is a free online tool that makes it easier for individuals and families who are facing health issues, including Alzheimer's and other dementias, to find programs and services in a specific location.

Use the advanced search tool to find resources based on specific needs, such as payment options and specialized services, including memory care. Conduct a search based on ZIP code to find service providers nearby and those that make home visits.

Access a wide range of services to fulfill immediate needs and plan for the future. Some examples include:

- Housing options
- Care at home
- Medical services
- Legal services, including elder law attorneys.
- Community services, such as adult day centers and transportation.
- Alzheimer's Association information, programs and services, including support groups.
- AARP information, programs and services.

Share search results with family and other care team members so everyone can make informed decisions together.



Visit Community Resource Finder at alz.org/crf to locate dementia and aging-related resources, programs and services in your area.

Find resources near you today at alz.org/crf

Cambrian

Memory Care



Specializing in Assisted Living and Memory Care Services.

Proud supporters of the Alzheimer's Association Walk to End Alzheimer's.



Picture yourself with us!

Tecumseh • South Lyon

517-423-5300 • CambrianSeniorLiving.com

13 years of involvement

Thousands of employee volunteer hours

Thousands of personal gifts

More than \$100,000 in corporate giving

**Proud to support
Alzheimer's awareness.**

Learn. Act. Share.

 **consumers**
credit union

800.991.2221 | www.consumerscu.org



THOMSON REUTERS®

PROUD SUPPORTER OF THE ALZHEIMER'S ASSOCIATION

Proud supporters of the Alzheimer's Association



Welcome Home.

Our residents don't just live, they thrive.



Call 269-870-5537 for a tour!

www.GantonSeniorCommunities.com



- *Studio, 1 & 2 bedroom apartments
- *Independent & assisted living
- *Three delicious meals served daily
- *Transportation available
- *Weekly housekeeping included



Conveniently located off of MS9 just west of US 23 in Hartland

810-632-6200

Proud supporters of the Alzheimer's Association



Family owned and operated since 2006.

Call us today at 734-761-4451 to take a tour.

Our family can't wait to meet yours!



Hillside Terrace Retirement Community

1939 Jackson Ave. Ann Arbor, MI 48103 • 734.761.4451 • hillsideterrace.net

What's the difference between Alzheimer's & dementia?

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

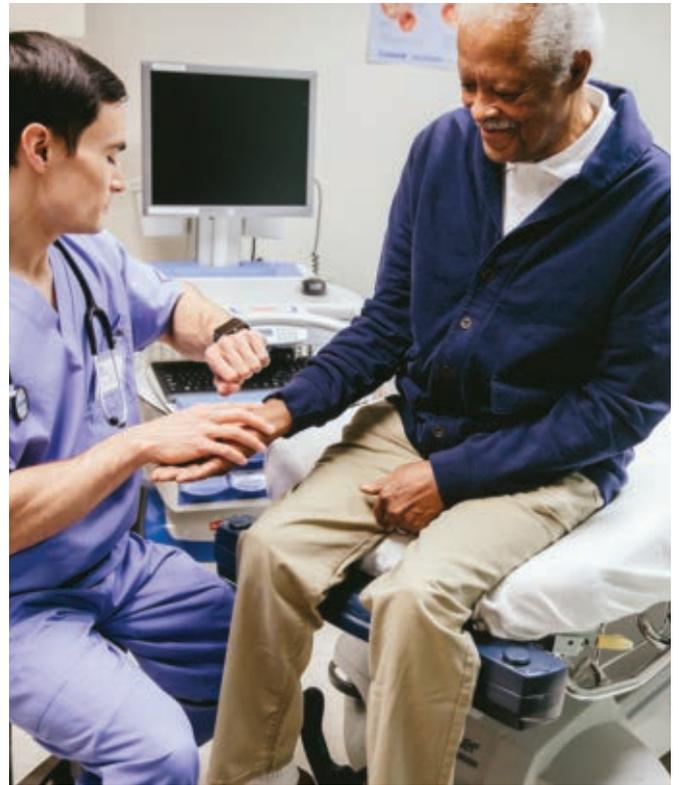
Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Dementia is not a specific disease. It's an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older.

Alzheimer's is also a progressive disease, where symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors.

Alzheimer's is the sixth leading cause of death in the United States. It has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily



“There are many different causes of memory problems. If you or someone you know is experiencing symptoms, visit a doctor to learn the reason.”

slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Many people have memory loss issues. This does not mean they have Alzheimer's or another dementia. There are many different causes of memory problems. If you or someone you know is experiencing troubling symptoms, visit a doctor to learn the reason. Not only can some causes of dementia-like symptoms be reversed, but an early diagnosis allows more access to treatment options, an

opportunity to participate in clinical trials, and a chance to prioritize your health and plan for the future.



VISTA GRANDE VILLA

Senior living for today with benefits for a lifetime.

Independent Living + Assisted Living + Memory Care
Skilled Nursing + Rehabilitative Care

Contact Us Today!

Call (517) 787-0222 or visit VistaGrandeVilla.com
2251 Springport Road | Jackson, MI 49202



See insurance differently



Accident
Help protect your hard-earned savings following an accidental injury.



Critical Illness
Get financial support when you need it the most.



Hospital Recovery
Don't let the financial burden of a hospital stay take you by surprise.

Ask your agent about pairing these products with your health plan today!



Underwritten by LifeSecure Insurance Company - Brighton, MI
Products have limitations and exclusions. This is an insurance solicitation.

www.YourLifeSecure.com

LS-ANC-14005 MI

Senior Services

Helping You Maintain a Safe, Healthy Lifestyle

Saint Joseph Mercy Health System features special services for seniors to help maintain health and independence.

- Michigan's first and most experienced Senior ERs
- Comprehensive senior consultations and assessments
- Senior living communities
- Home health services
- Exercise classes, seminars and events
- Volunteer opportunities




stjoeshealth.org/seniors

BeRemarkable.

10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



Find time for yourself. Consider respite care so you can spend time doing something you enjoy.



Know what resources are available. Adult day programs, in-home assistance and meal delivery are some of the services that can help.



Become an educated caregiver. As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



Make legal and financial plans. Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



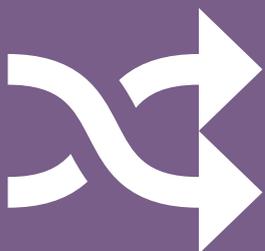
Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.



Take care of yourself. Try to eat well, exercise and get plenty of rest.



Know you're doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.



Accept changes as they occur. The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Learn more at our Alzheimer's and Dementia Caregiver Center: alz.org/care

YOU'RE LOOKING FOR PEACE-OF-MIND.
WE CAN HELP WITH THAT.



Having a parent in a safe, comfortable place with highly trained medical staff nearby and activities to keep them engaged can go a long way in reducing the amount of time you spend worrying. That's why we're here.

Schedule your visit today.

MEMORY CARE AND SO MUCH MORE

The Oaks at NorthPointe Woods
269-964-4655 • Battle Creek, MI

Heather Hills Care Center
616-949-7310 • Grand Rapids, MI

RidgeCrest Health Campus
517-787-5140 • Jackson, MI

The Willows at East Lansing
517-203-4042 • East Lansing, MI

The Willows at Okemos
517-349-3600 • Okemos, MI

The Willows at Howell
517-552-9323 • Howell, MI

The Oaks at Woodfield
810-606-9950 • Grand Blanc, MI

Westlake Health Campus
248-363-9400 • Commerce Township, MI

Novi Lakes Health Campus
248-449-1655 • Novi, MI

Shelby Crossing Health Campus
586-532-2100 • Shelby Township, MI

Orchard Grove Health Campus
586-336-0102 • Romeo, MI

Stonegate Health Campus
810-245-9300 • Lapeer, MI





Recover. Rejuvenate. Revitalize. Return Home.

- Hospice Support Services
- Short & Long Term Care
- Respite Stays
- Palliative Care
- 24-Hour Skilled Nursing Care
- Physical, Occupational, & Speech Therapy
- Respiratory Program with Trach Care
- 7-day a Week Physician Coverage

SCHEDULE YOUR PERSONAL TOUR TODAY!

Receive more information by contacting Tara Thiel:
517.483.3495 or TThiel@prestigehcm.com

- ★ MediLodge of East Lansing www.MediLodgeofEastLansing.com
- ★ MediLodge of Lansing www.MediLodgeofLansing.com
- ★ MediLodge of Capital Area www.MediLodgeofCapitalArea.com
- MediLodge of Campus Area www.MediLodgeofCampusArea.com
- MediLodge of Okemos www.MediLodgeofOkemos.com



★ Now accepting patients with VA healthcare benefits ★

THANK YOU,



**for your support of the 2018
Brighton Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter



In 2017, Senior Millage provided assistance to 5,783 seniors, age 60 and over, through 20 funded service programs.

Calhoun County Senior Services
315 W. Green Street
Marshall, MI 49068
(269) 781-0846

For more information, call (269) 781-0846
www.calhouncountymi.gov/government/senior_services/

THANK YOU,



**for your support of the 2018
Ann Arbor/Ypsilanti Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

THANK YOU,



**for your support
of the 2018
Kalamazoo Walk
to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

David E. Waterstradt Certified Elder Law Attorney

- Estate Planning
- Estate Administration
- Medicaid/Long Term Care Planning
- Veterans Benefits

950 West Norton Avenue, Suite 405
Muskegon MI 49441
Telephone: 231.773.1169
Email: david@davidwaterstradt.com

Adult Day Program at *Brecon Village*



Sometimes, caregivers need a little help! Whether for work, a doctor's appointment, or simply a few hours to relax. Our **Adult Day Program** offers that respite, while providing a caring and active environment for your loved one with memory loss.



Call To Schedule Your Tour Today!
734-429-1155

www.EHMChoices.org



Complete Retirement Campus



Beautiful, affordable, and fun

*All options at one location!
Rehab and skilled nursing, independent and assisted living,
Brightside Memory Care, respite and adult day care*



Jackson's Premier Assisted Living and Memory Care



Come and see the difference!

*24-hour on-site care, secure building and grounds,
open family communication and support, silent sensors to
preserve resident dignity, nutritious elegant dining, engaging
relational activity*

2140 Robinson Rd, Jackson, MI 49203
For a personal tour, call (517) 787-4150 or visit Gantons.com!

Your dollar could be the one that finds a cure

Whether you like to walk, play cards, hit the links or hit the dance floor, we have an event for you! There are lots of year-round opportunities to raise funds and awareness for Alzheimer's care, support and research. Below are just some of the ways you can participate. Visit alz.org/mglc, subscribe to our e-newsletter, or like us on Facebook (facebook.com/AlzMGLC) to keep up with our latest events!



The world's largest event to raise funds and awareness for Alzheimer's care, support and research, the Alzheimer's Association

Walk to End Alzheimer's takes place in more than 600 communities nationwide between mid-August and mid-October. With 22 Walks in the state of Michigan each year, it's easy to participate. Start or join a team at alz.org/walk. Interested in joining a volunteer planning committee or becoming a sponsor? Email mgoodson@alz.org to learn more!



The day with the most light is the day we fight. Each year on the summer solstice, the longest day of the year, thousands

of people across the country do an activity they love – or an activity loved by those affected – to help end Alzheimer's. From swimming to scrapbooking, you're limited only by your imagination. Your event can take place anytime between October and August, but be sure to join us on the summer solstice, as people across the world will come together to celebrate our progress in the global movement to help end Alzheimer's disease. Visit alz.org/thelongestday to sign up and select an activity!



Each July, the Alzheimer's Association, Michigan Great Lakes Chapter, hosts our annual David E. Rutledge Charity Golf Outing. One of the longest-running golf outings in Southeast



Michigan, the event, chaired by former State Representative David E. Rutledge, has raised more than \$1,000,000 since its inception. Join more than 150 area business leaders for this great event. Email mgoodson@alz.org to learn more.



If you love live music and supporting a good cause, you don't want to miss our annual Rockin' for Alz event! Each spring, our chapter partners with PAR Rehab to put on a musical celebration to raise

funds and awareness for the Alzheimer's Association. Featuring Dr. Fab and the Off the Couch Band, this event is an evening of food, fun and rock & roll. Call 734-369-2716 to save your seat for Michigan's hottest Alzheimer's benefit concert!

Compassion. *Care.* Commitment.
FOR MORE THAN 110 YEARS

At Towsley Village Memory Care Center, part of the Chelsea Retirement Community, residents engage in life-enriching programs and activities that *stimulate their minds, bodies, spirits and souls.* We offer state-of-the-art, compassionate care to residents with all forms of dementia in a safe, nurturing environment.



Call 734.433.1000 or Visit UMRC.com to set up a tour on our picturesque campus



UNITED METHODIST
RETIREMENT COMMUNITIES

805 W. Middle Street, Chelsea, Michigan 48118  

Independent Living | Enhanced Living
Assisted Living | Memory Care



StoryPoint Senior Living proudly supports the Alzheimer's Association.

1-855-40-STORY
StoryPoint.com

StoryPoint Rockford
2885 10 Mile Rd NE
Rockford, MI 49341

StoryPoint Portage
3951 W. Milham Ave.
Portage, MI 49024

STORYPOINT™
Shine. Everyday.



SAVE THE
DATE!

October 12, 2019

Riverview Park
in St. Joseph,
Michigan

www.fit4fall5k.com

Proud Supporter of the Alzheimer's Association

You'll never “win” an argument with a person with Alzheimer's

Have you ever found yourself frustrated when trying to explain something to someone with Alzheimer's disease? Or has the person affected not accepted that they aren't fully understanding? Here are a few examples of phrases repeated by Alzheimer's caregivers:

“I've told her not to put things in the trash can, but she doesn't listen!”

“He tells me that he wants to go home. This is his home. We've lived here for 35 years. When I tell him that, he just gets angry.”

Or, “I get frustrated when Mom asks me what day it is. I start to lose my patience when I answer her for the fifth time.”

Families have a hard time accepting changes in communication with this illness. It is also hard to let go of old habits like arguing or reasoning with a loved one who doesn't understand what you are saying. There are a few things to keep in mind when communicating with a person with memory loss.

Consider that brain changes can cause communication problems and irrational behavior.

Your loved one is not behaving this way to annoy or irritate you. In fact, they are probably not aware of the impact of their actions.

Realize that you don't always have to be right.

For instance, you will never “teach” your loved one not to hide things in the wastebaskets. Instead, your family will learn to accept this behavior and check the wastebaskets before emptying them. Pick your battles before you start an argument.

Visit alz.org or attend a local education program

to learn different communication techniques that will help you and the person with Alzheimer's disease understand one another and avoid unnecessary confrontations. After all, you will never “win” an argument with a person with Alzheimer's.



COMMUNICATION TIPS

People living with Alzheimer's weigh in on what they want their loved one to know:

- Speak with a smile, so I know that you care.
- Use language I understand – keep it simple, no jargon or slang.
- Be clear and concise.
- Let me take the time to think through what you said to me.
- Please be patient with me. I am doing the best I can, and I know that you are, too.

THANK YOU,



alzheimer's  association®

Michigan Great Lakes Chapter



**NEW FRIENDS IS PROUD
TO SUPPORT THE
*Kalamazoo Walk to
End Alzheimer's***



www.NewFriendsMemoryCare.com

3700 W. Michigan Avenue, Kalamazoo
(269) 372-6100

THANK YOU,



**for your support of the 2018 St. Joseph
Walk to End Alzheimer's**



alzheimer's  association®

Michigan Great Lakes Chapter



Evergreen

Senior Care & Rehab Center

111 Evergreen Road, Battle Creek, MI 49015

Ph: 269.969.6110 | evergreenscc.com

Restore • Recover • Rejoice

THANK YOU,



**for your support
of the 2018
Jackson Walk to
End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter



**In-depth and behind
the scenes — local and
statewide coverage.**



**THE
ANN
ARBOR
NEWS**

▶ mlive.com/ann-arbor

*Proud to support the
Alzheimer's Association.*



***Proudly Supporting the
Walk to End Alzheimer's***

- **Elder Law**
- **Estate Planning**
- **Special Needs Planning**
- **Probate & Trust Litigation**

mielderlaw.com

State-Wide | Community-Based | Recognized Leaders

KNOW the 10 SIGNS

EARLY DETECTION MATTERS

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in memory, behavior or abilities.

To help identify problems early, the Alzheimer's Association® has created a list of warning signs for Alzheimer's and other dementias. Individuals may experience one or more of these in different degrees.

1

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2

Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3

Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes, they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4

Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5

Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.





6

New problems with words in speaking or writing

People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7

Misplacing things and losing the ability to retrace steps

A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8

Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9

Withdrawal from work or social activities

A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10

Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Note: Mood changes with age may also be a sign of some other condition. Consult a doctor if you observe any changes.

If you or someone you care about is experiencing any of the 10 warning signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

The Alzheimer's Association can help.

Visit: **alz.org/10signs**

Call: **800.272.3900**

Learn more: **alz.org/training**

A few tips for staying safe with Alzheimer's

Alzheimer's disease causes a number of changes in the brain and body that may affect safety, which is why safety must be a priority before it's a problem.

Depending on the stage of the disease, there are a number of safety issues to think about, such as forgetting how to use household appliances, getting lost on one's own street, or having trouble with balance.

1 Put safety measures in place at home. Evaluating your environment can help identify potentially dangerous objects and substances and can allow you to make necessary changes to avoid injury during daily activities.

2 Watch for signs of wandering. Six in 10 people with dementia will wander and become lost. Signs that a person may wander include forgetting how to get to familiar places, or returning



Music that makes you feel good[®]

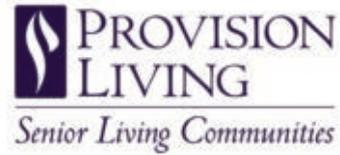
home from a regular walk or drive later than usual. Make sure all basic needs are met before the individual is left alone.

3 Know when it's time to stop driving. Making slow or poor decisions can be a sign that it's time to stop driving. Having a conversation early on about how independence can be maintained when the person can no longer drive will help make the transition easier.

4 Be prepared for emergencies. Disaster situations, such as a tornado or fire, or other emergency situations can significantly impact everyone's safety, and can be especially dangerous for individuals with dementia. Always be prepared with an emergency kit that would provide your loved one with the right tools to be safe during a disaster.

MedicAlert + Alzheimer's Association Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's or another dementia who wander or have a medical emergency. Call the Alzheimer's Association at 800.272.3900 or visit alz.org/safety to learn more about keeping your loved ones safe.

THANK YOU,



**for your support of the
2018 Ann Arbor/Ypsilanti
Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

COVERING ALL OF WEST MICHIGAN



KEITH THOMPSON

KATE TILLOTSON

ANDY DOMINIANNI

ANDY PEPPER

LIVE LOCAL BREAKING NEWS



THANK YOU,



**for your support of the 2018
Brighton Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

*Proud supporters of the
Ann Arbor/Ypsilanti Walk to End Alzheimer's*



*An extraordinary concept
in assisted living and
memory care.*

**8100 Geddes Rd | Superior Township
Phone: (734) 506-0630
www.VibrantLifeSuperior.com**

*Knowledgeable, compassionate,
and affordable home care,
wherever you call home.*



**By Dawn's Early Light
Home Care Services**

517-803-8970

5075 Willoughby Rd., Holt, MI 48842
www.bydawnsearlylighthomecare.com



JACKSON RADIO WORKS



Proud community supporters



K1053.com
 WKHM.com
 JacksonESPN.com
 959thepowercow.com

THANK YOU,



**for your support of the 2018
 St. Joseph Walk to End Alzheimer's**



alzheimer's association®
 alzheimer's association®
 Michigan Great Lakes Chapter



Proud to be part of your
 home and community



©2018 La-Z-Boy Incorporated

Senior Living Options:
 Independent | Enhanced | Assisted* | Memory Care*



**Proud to continue our partnership with
 Alzheimer's Association.**

**Independence
 Village** SHINE. EVERYDAY.

*varies by location

1-844-40-ENJOY

www.IndependenceVillages.com

Independence Village
 of Brighton Valley
 7700 Nemco Way
 Brighton, MI 48116

Independence Village
 of Grand Ledge
 4775 Village Drive
 Grand Ledge, MI 48837

Independence Village
 of Plymouth
 14707 Northville Rd.
 Plymouth, MI 48170

The day with the most light is the day we fight

Held annually on the summer solstice, the longest day of the year, The Longest Day symbolizes how for those caring for someone with Alzheimer's or dementia, every day is the longest day. Either before, on, or after the summer solstice, people choose an activity that they're passionate about to honor those with Alzheimer's and to raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association.

People can join The Longest Day by participating on a team or hosting their own fundraiser. Activities can range from hiking and parties to even baking and puzzlemaking. Many people choose an activity they love, or an activity loved by those affected, like baking your grandmother's favorite pie recipe or

playing cards in honor of your dad's weekly bridge game. Not only do volunteers engage in meaningful work for a great cause, they also can acquire new connections and skills, while gaining a sense of purpose.

“I love how The Longest Day offers a chance to find creative ways to help end Alzheimer's.”

Trey Litz, a volunteer with the Alzheimer's Association, has participated in The Longest Day for five years. “I began with a block party for the community, then one year we played Bubble Soccer. Last year, we organized a softball tournament.

I love how The Longest Day offers a chance to find creative ways to help end Alzheimer's.”

Visit alz.org/thelongestday to get inspired and start your team!



TAKE THE FIRST STEP TOWARD A WORLD WITHOUT ALZHEIMER'S

Join us for Walk to End Alzheimer's – a celebratory community event where you'll join your friends, family, co-workers and community members to help raise awareness and funds for Alzheimer's care, support and research.

🎗️ START A TEAM by becoming a Team Captain or join an existing team

🎗️ FUNDRAISE by asking others to join you, using social media, or holding fundraising events

🎗️ EARN PRIZES as you raise funds – \$100 gets a Walk t-shirt!

🎗️ NETWORK with other walkers and use our online tools to help make fundraising fun and easy

🎗️ HELP MICHIGAN FAMILIES when you fundraise! Your dollars go directly toward providing care & support, advocacy & research

FIND YOUR WALK TODAY AT ALZ.ORG/WALK

Congrats to our Walk to End Alzheimer's 2018 top fundraisers*

ANN ARBOR

Top Teams

Sigma Kappa Alpha Mu
UofM
Chelsea Retirement
Community - UMRC
Thomson Reuters

Top Individuals

Liz Fernandez
Lynn Etters
Sharon Lilly

BRIGHTON

Top Teams

The Elder Care Crew
Team Chupe!
Transitions Remodeling

Top Individuals

Carole Jones
Lauren Kovach
Dena Syntiak

JACKSON

Top Teams

Ganton Retirement
Centers
Tharp Sisters
JDL: Libraries Walk!

Top Individuals

Stefanie Riggs
Danielle Leithauser
Jackie Murray

KALAMAZOO

Top Teams

Juanita's Warriors
The Sometimers
Team Stephanie Harris

Top Individuals

Alexis Howard
Jerry Pawlowicz
Adam Harris

LANSING

Top Teams

Jackson in Action
Sigma Kappa Alpha Tau
MSU
Kay's Crusaders -
FirstLight HomeCare
of Greater Lansing/
Family and Elder Law of
Mid-Michigan, P.C.

Top Individuals

Chris Maier
Robyn Heron
Deborah Moerland

LENAWEE

Top Teams

Visiting Angels South
Central Michigan
The LDA Believers
Cambrian Senior Living,
Tecumseh

LENAWEE (CONT.)

Top Individuals

Tim Welbaum, Jr.
Tammy Jewell
Karen Pack

LUDINGTON

Top Teams

Lakeshore Pyrate Heads
Dort's Dirty Dozen
ABC Redi-Mix -
Alzheimer's Annihilators

Top Individuals

Jim Bachelder
Linda Ochs
Mary Dobias

CALHOUN COUNTY

Top Teams

Edward Jones Region 220
Calhoun County
BC First Pres Walkers
Making Memories

Top Individuals

Dave Hoppe
Susan Keitel
Sharon Harris

MONROE

Top Teams

Wayne's Warriors
Vibrant Life
Visiting Angels Monroe

Top Individuals

Jacque Butch
Janet Sottile
Annie Casper

MUSKEGON

Top Teams

Muskegon HOPE Riders
Endurance
Senior Resources of
West Michigan &
Agewell Services

Top Individuals

John Peters
Friends of Two Dudes
in Flip Flops
Terry Musk

ST. JOSEPH

Top Teams

Ashley's Team
Team Willows
Alzabout My Mama

Top Individuals

Ashley Little
Tara McKibben
Donna Lippert

**Current at the time of printing*



Join us in 2019 for a Walk near you
Visit alz.org/walk to start your team today!

YOUR LAKESHORE RADIO STATIONS

98.3 WLCS
Classic Hits



V100 FM
R&B and Old School

97.5 SUNNY FM
Adult Contemporary



NASH ICON
Country Hits

WE PLAY, YOU LISTEN!

THANK YOU,

HERITAGE ROYAL
CHEVROLET CHEVROLET • BUICK • GMC

for your support of the 2018
Calhoun County Walk to End Alzheimer's



alzheimer's association
Michigan Great Lakes Chapter

**BRIGHT FINANCIAL
ADVISORS, INC.**

INDEPENDENT, COMPREHENSIVE,
FEE-BASED FINANCIAL PLANNING

JEFFREY J. BRIGHT, CFP
ANDREW M. PRICE, CFP
BROOKES L. WELC, CFP

(269) 373-2700 | BRIGHTFINANCIALADVISORS.COM
450 W. CENTRE AVENUE, SUITE C | PORTAGE, MI 49024

ArkLight Ministries, LLC



Chaplain
Jerry
&
Carol Thorne

"In Him was Life, and that Life was the LIGHT of men..."

Services to Community

- *Outdoor Worship
- *Fundraising Events
- *Celebrations of Life and Death
- *Mason and Oceana County Jail Ministries
- *Advertising

Contact Info:

501 Resseguie St.
Ludington, MI 49431

Phone & Fax:
(231)425-3693

jerrythorne@charter.net
carolthorne@charter.net

Mason County's
Oakview
MEDICAL CARE FACILITY

THANK YOU,

Home Instead
SENIOR CARE
To us, it's personal.

for your support
of the 2018
Lansing Walk to
End Alzheimer's



alzheimer's association
Michigan Great Lakes Chapter

THANK YOU,



**for your support of the 2018
Jackson Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

Dedicated to Improving Lives

Ingham County
Rehabilitation Services

3860 Dobie Road • Okemos
517-381-6130
www.dobieroad.org

Offering Inpatient & Outpatient:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Aquatic Therapy

Visiting
Angels®

America's Choice in Homecare.

Offices in:
1-800-365-4189 MONROE; ADRIAN; TOLEDO

THANK YOU,



**for your support of the 2018
Kalamazoo Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

**Proud supporters of the Monroe
Walk to End Alzheimer's**



Vibrant Life
Senior Living
TEMPERANCE

- Daily Life Enrichment Activities
- Assisted living
- Memory care
- Secure setting

667 W. Sterns Rd., Temperance, MI 48182

734-847-3217

www.VibrantLifeTemperance.com



2018 MSUFCU volunteers at the Walk to End Alzheimer's

MSU Federal Credit Union is proud to support the Alzheimer's Association Michigan Great Lakes Chapter in their efforts to raise awareness and funds for Alzheimer's research, support, and care.

517-333-2424
msufcu.org



Volunteer for the Alzheimer's Association

At the Alzheimer's Association, all of our activities and events are made possible by the assistance of volunteers. Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer's disease. Whether you can spare a few hours a week or can make a more significant time commitment, we can find the right fit for your interests and skills.

Nancy Campbell, a retired social worker, has been a volunteer at the Association for more than five years. Five of her family members have been diagnosed with Alzheimer's or another dementia, including her mother and brother.

"After my mom was diagnosed six years ago, my siblings and I realized we knew nothing about Alzheimer's disease," she remembers. She had reached out to the Alzheimer's Association for help and has continued to stay in touch over time. "They gave me a lot of support and ideas, especially through education classes." Inspired by her journey as a caregiver and her background in social work, Nancy began helping with care consultations, or appointments with families who needed assistance in their journey.

Since then, she has begun to help with computer entries, operating booths at health fairs, and coordinating social groups. "It's been really rewarding," she says. "I feel very welcomed and very much appreciated." She is committed to giving people hope, support, and resources for their journey with Alzheimer's disease. "I know the turmoil they go through and I want to reduce that as much as I can."

Hannah Brauer, another volunteer and a student at the University of Michigan, served for more than a year as a communications intern. Hannah's volunteer work included designing graphics, photographing events, writing press releases, and running the chapter's



“Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer's disease.”

Facebook page. "I'd never been able to do what I love to help others before," she says. "As a writer and artist, I've always assumed that my work will only be for myself. Knowing that I was helping a cause that I care about really helped give meaning to my work."

Although her official internship ended last spring, Hannah continues to volunteer, participating in the Walk to End Alzheimer's and other events aimed at raising funds and awareness. "I want to continue to create awareness for Alzheimer's disease," she says. "Helping people understand how it may affect them is a big part of getting people to join the cause."

As a college student, Hannah is committed to educating young people about Alzheimer's and getting them involved. She encourages everyone, no matter their connection to the disease, to join the fight and

become a volunteer. "We need all the help we can get, and there are so many opportunities to use your skills as a volunteer," she says. "I'm grateful that I can gain awareness for the disease at the same time that I'm spreading it."

We need your help in the fight against Alzheimer's disease. The Michigan Great Lakes Chapter is always

looking for event planning committee members, program presenters, support group facilitators, office volunteers, advocates, public speakers and media spokespeople, and other volunteers to help further our cause. You can find more information about volunteering and sign up at alz.org/mglc!

HOW CAN YOU MAKE A DIFFERENCE?

- **Event Coordination**
- **Walk to End Alzheimer's®**
- **The Longest Day®**
- **RivALZ®**
- **Office Support**
- **Social Media**
- **Educational Program Presenters**
- **Advocacy and Public Policy**
- **Support Group Facilitators**
- **Internships**
- **Staffing Information Tables**
- **Physician and Community Outreach**
- **Diversity Outreach**
- **Public Speaking**
- **Board Member**

Senior Living Options:
Independent | Enhanced | Assisted | Memory Care



Proud to continue our partnership with
Alzheimer's Association.

STORYPOINT™
Shine. Everyday. 

I-855-40-STORY
www.StoryPoint.com

StoryPoint Saline 6230 S. State St., Saline, MI 48176
StoryPoint Portage 3951 W. Milham Ave., Portage, MI 49024

SHORELINE
MEDIA GROUP

Ludington
Daily News

Oceana's
Herald-Journal



Serving Western Michigan
We connect you with our communities.

Celebrating 150 years of service

150




Serving Kalamazoo seniors over 70 years as the only locally owned and operated continuing care retirement community

Independent Living

Assisted Living

Residential Memory Care

Skilled Nursing and Rehabilitation Services

Local Roots. Vibrant Senior Living.

Visit www.heritagecommunity.com or call 269-226-6321 for more information



oaklawnhospital.org



Proud to help raise awareness and funds by supporting all those who Walk

PARMENTER O'TOOLE

Attorneys at Law

601 Terrace Street, Suite 200
Muskegon, MI 49440
231.722.1621
www.parmenterlaw.com

Holt Senior Care and Rehabilitation Center



5 star Quality Care

Quality You Can Measure



Our mission at the Holt Senior Care and Rehabilitation Center is to provide superior quality of care and service to each patient and loved one who enters our Center whether it be for short term therapy/rehabilitation or to make this Center their home. We provide 24-hour skilled care and short-term rehab services. We have an experienced interdisciplinary team to meet your medical, physical, spiritual and social needs throughout your stay. If you or your family member are interested in more information regarding admission into our Center, please call us.

Holt Senior Care & Rehab Center

5091 Willoughby Road
Holt, Michigan 48842

Phone: (517) 694-2144
Fax: (517) 268- 6602

The right choice for memory care, Caretel. Inns



Offering Personal Care Within The Comforts Of Your Home.



- Private Rooms & Suites
- Personalized Activity Staff Members
- 3:1 Patient to Staff Ratio
- 7 Day/Week Physician Services

Caretel Inns of Brighton
1014 E. Grand River Ave.
Brighton, MI 48116
(810) 220-5222



www.caretelinn.com



Monroe's Hometown Radio Station

Proudly supporting our
community and its fight
against Alzheimer's
Disease

Playing the music
that made country
great...and the
best of today

Located in Downtown Monroe
14 S. Monroe St. Monroe, MI
Studio Number 734-242-8898
Station Number 734-242-6600

Your story is all you need to get involved in Alzheimer's Advocacy

Alzheimer's disease is a national public health crisis, affecting more than 5 million Americans across all walks of life and across all regions of the country. Conquering Alzheimer's is as much a matter of public policy as scientific discovery, and we need your help to change the future of this devastating disease.

The voices of those who have personally faced Alzheimer's disease are critical to building a case for support. Your story is all you need to assist in our public policy work, which aims to educate our policy makers about the disease and urge their support for more research funding and better systems for caring for people with Alzheimer's.

Join hundreds of thousands of Alzheimer's advocates who are making a difference by:

- Becoming an Ambassador or Alzheimer's Congressional Team member
- Attending the Alzheimer's Association Advocacy Forum in Washington D.C., or Michigan Alzheimer's Advocacy Day in Lansing
- Learning more about the Alzheimer's Impact Movement (AIM), the advocacy arm of the Alzheimer's Association, at www.alzimpact.org
- Downloading the ALZ Advocacy app for your smartphone or tablet to get updates and send messages to legislators

To learn more about how you can make a difference through Alzheimer's advocacy, contact Jennifer Hunt at jahunt@alz.org.

WORKING TO END ALZHEIMER'S









Working Together to End Alzheimer's



- Assisted Living
- Moments Memory Care
- Respite Care

3145 West Mt. Hope Ave., Lansing
Phone: 517.485.5966
grandhavenlivingcenter.com





Life... on your terms!

At **Friendship Village**, you can develop new relationships while retaining the privacy you enjoy. And live with certainty that if your care needs change, you have priority access to our **Life Plan community**:

The Village Independent Living Apartment and Garden Homes

Newly upgraded apartments provide a perfect transition to our community. Garden Homes are also available.

Woodside Assisted Living and Memory Care

Additional assisted living apartments provide residents with individual needs in the comfort and privacy of their own apartment. Specialized memory care services are available in a secure setting.

The Health Center Recuperative & Long-term Skilled Nursing Care

Home to our skilled and dedicated staff who have a true passion for our residents. As a recent recipient of the Harrison Award and a Deficiency-Free Rating, the Health Center is known for exceptional care.

The Rehabilitation Center Short-term Rehabilitative Care & Therapy

Our brand new short term center is open to the public and features 16 private rooms and a new expansive state-of-the-art therapy department.



FRIENDSHIP VILLAGE
Senior Living Community
WHERE CONNECTIONS MATTER

Managed by Life Care Services®



MAKE AN APPOINTMENT TODAY!
(269) 220-6227

1400 North Drake Road, Kalamazoo, MI
www.friendshipvillagemi.com

Our Life Plan includes Independent Living • Assisted Living
Memory Care • Skilled Care • Short Term Rehabilitation

Learn about the latest in Alzheimer's research

Each year, the Alzheimer's Association, Michigan Great Lakes Chapter hosts four regional Alzheimer's Research Nights, held in late July or early August. These events communicate the latest findings to come from the Alzheimer's Association International Conference (AAIC) held each July. AAIC is the world's largest annual gathering for the Alzheimer's and dementia research community – including scientists, clinicians, and care providers.

Dr. Bruno Giordani, Associate Director of the University of Michigan Alzheimer's Disease Center and professor of Psychiatry, Neurology and Psychology will be sharing information attained from attending the conference at these free community events, presented by the Alzheimer's Association, Michigan Great Lakes Chapter.

New studies reported at AAIC each year cover the spectrum of Alzheimer's and dementia research,

including causes, risk factors, diagnosis, treatment, and prevention. Topics include:

- The latest in Alzheimer's drug trials
- New methods in early detection of Alzheimer's disease
- Alzheimer's, dementia, and cognitive decline risk factors and possible risk reduction techniques
- Advances in determining the causes of Alzheimer's and related dementias, including genetics

To find out when the next Research Night will be held near you, or to learn more about the Alzheimer's Association's involvement in research studies including how you can participate, call us at 800.272.3900 or visit alz.org/mglc.

THANK YOU,



**for your support of the 2018
Lansing Walk to End Alzheimer's**



alzheimer's association®

Michigan Great Lakes Chapter

A better way to move forward.

**Vista Springs Edgewood and
Vista Springs Timber Ridge Village**

Discover extraordinary senior living communities with 5-Diamond resort amenities, spacious accommodations, and personalized assisted living care services.

To make an appointment for a private tour and complimentary lunch or dinner, call us today.

Vista Springs Edgewood 200 W. Edgewood Blvd. Lansing, MI (517) 393-7777	Vista Springs Timber Ridge Village 16260 Park Lake Rd. East Lansing, MI (517) 339-2322
--	---

VISTA SPRINGS
Full of Life. VistaSpringsLiving.com



NEWS•TALK
94.9 WSJM

**PROUD SUPPORTERS
OF THE
ALZHEIMER'S ASSOCIATION**

517.575.6021

1758 E. Clark Road Lansing
Parishioner & Owner • Robert Baldino
www.gunnisonvillemeadows.com



**Transparent.
Reliable.
Qualified.**

Retirement Planning and
Investment Management

800.804.0420
www.fsgmichigan.com

2270 Jolly Oak Rd • Suite 2 • Okemos, MI 48864

THANK YOU,



**for your support of the 2018
Ludington Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

THANK YOU,



**for your support of the 2018
Monroe Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter



Come laugh with us at White Oaks!

LEARN MORE

269-624-4811
randallresidence.com/whiteoaks



**Proud supporters of the
Muskegon Walk to End Alzheimer's**

THANK YOU,

INDUSTRIAL INSPECTION
**for your support of the 2018
Monroe Walk to End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

THANK YOU,



**for your support
of the 2018
Monroe Walk to
End Alzheimer's**



alzheimer's association®
Michigan Great Lakes Chapter

A COMPREHENSIVE REFERRAL SOURCE

For Discharge Planners, Health Care Professionals & Patient Advocates

Since 2003, Senior Preferences is the one publication that compiles a comprehensive list of community organizations and businesses that cater to the specific needs of seniors. Our six regional editions cover 44 counties in lower Michigan and reach over 100,000 impressions.

Distributed free, Senior Preferences gets in the hands of those professionals who assist seniors who need healthcare, a residential community, or other services such as legal or financial. Copies are available through:

AREA AGENCIES ON AGING
HOSPITAL DISCHARGE PLANNERS
SOCIAL WORKERS
SENIOR CENTERS



Region 2 Area Agency on Aging is proud to have been a partner in the creation of Senior Preferences. It is now the most inclusive resource guide available and we take it everywhere we go.

TRACY JAMES
COMMUNITY OUTREACH / MARKETING COORDINATOR



Senior
preferences

To include your organization in Senior Preferences, go to SeniorPreferences.com or contact us at 1-800-837-2637.

Paving the way to a cure through clinical trials

Caring for someone with Alzheimer's disease can feel hopeless at times. You may help them get dressed in the morning or cook their dinner, though somehow these tasks feel trivial. You want to give them the world, yet do not know how. But what if you were the answer to the cure?

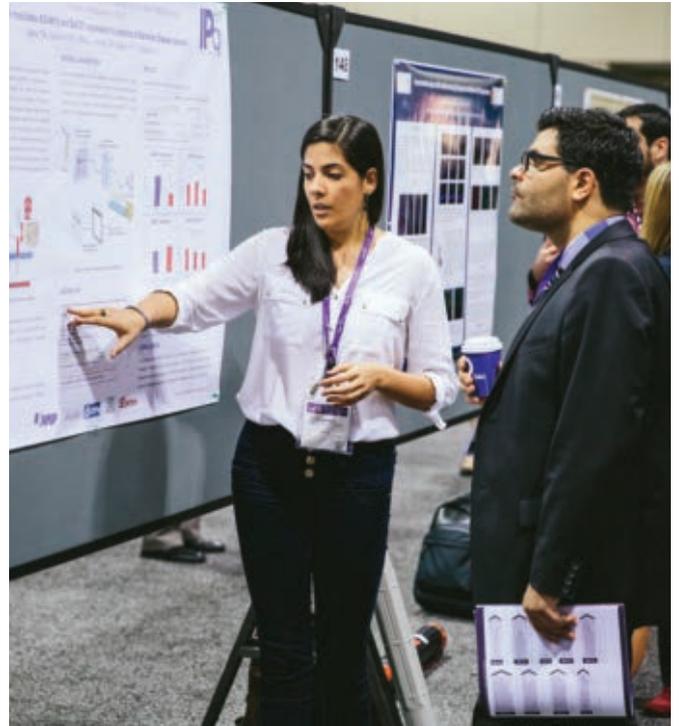
Currently, Alzheimer's disease cannot be cured, prevented or slowed. But research can change that, and it all begins with clinical trials.

Clinical trials are research studies conducted to determine whether treatments are safe and effective. These studies can also help inform researchers about caregiving, life with Alzheimer's, early detection, brain function, and more. Such research can lead us closer to finding a way to cure, prevent, or treat the disease. Anyone can participate in this research; whether you have dementia, are at risk of developing it, are a caregiver or a healthy volunteer.

Bertha Bullen and her husband Jim Kruse decided to get involved in research due to their passion to end Alzheimer's. Throughout the couple's marriage, they have been faced with the grief that comes with this disease too many times. Between the two of them, eight family members have been diagnosed with Alzheimer's.

One in nine people over the age of 65 will be diagnosed with Alzheimer's disease, and Bertha and Jim knew they could not see another loved one go through the same heartbreak. Together, they've turned their pain into motivation. "It's one thing to sit around and say 'Oh, I hope for a cure' or 'I'd like to see a cure,'" says Bertha. "But it's another to take some further action." The couple has participated in many trials over the years, ranging from a simple interview process to trials attempting to map the brain through MRI scans.

For those who want to participate in research, it can seem like a daunting task to find the right trial. That is why the Alzheimer's Association created TrialMatch, a clinical studies matching service that connects individuals



with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. It is almost like online dating, but for research!

Participating is free, noninvasive, and easy; there are more than 250 promising clinical studies being conducted right now across the country. Scientists are working constantly to find enhanced ways to treat diseases, but improved treatments can never become a reality without testing in clinical trials with human volunteers. Over 250,000 individuals have already visited the TrialMatch website searching for information on clinical studies, and you can, too.

Don't just hope for a cure, help us find one. By participating in clinical trials, you can help people with Alzheimer's and their caregivers play an even more active role, contributing to scientific discoveries benefiting themselves and future generations. **To learn more about TrialMatch, visit www.alz.org/trialmatch.**

THANK YOU,

WOODLAND TERRACE
for your support of the
2018 St. Joseph
Walk to End Alzheimer's



alzheimer's  association®

Michigan Great Lakes Chapter

Being legally and financially prepared in the face of Alzheimer's

Receiving a diagnosis of Alzheimer's is never easy — it's life changing. In the early stages of Alzheimer's, especially after a recent diagnosis, most people are just trying to figure out how to manage day to day. However, putting financial and legal plans in place allows the person with dementia to express their wishes for future care and decisions. It also allows them time to work through the complex issues involved in long-term care. Here are our top tips for financial and legal planning in the face of an Alzheimer's diagnosis.

Financial Planning

As the disease progresses, so will a person's care needs. While medical insurance covers some costs of care, there are many things it does not cover. Here are some common costs to consider:

- Ongoing medical treatment for Alzheimer's-related symptoms, diagnosis and follow-up visits
- Treatment or medical equipment for other medical conditions
- Safety-related expenses, such as home safety modifications or safety services for a person who wanders
- Prescription drugs
- Personal care supplies
- Adult day care services
- In-home care services
- Full-time residential care services

In addition to planning for the cost of care, there are many ongoing financial duties to discuss, including:

- Paying bills
- Arranging for benefit claims
- Making investment decisions
- Preparing tax returns

Financial advisors, such as financial planners and estate



planning attorneys, are valuable sources of information and assistance. They can help:

- Identify potential financial resources
- Identify tax deductions
- Analyze one's investment portfolio with long-term care needs in mind.

Legal Planning

Legal planning is another essential piece of planning for the future. In order to ensure that a person's wishes are met both financially and medically, legal assistance may be needed. This early planning prevents families from struggling to make medical and financial decisions before their loved ones are no longer able to participate in those decisions, or from disagreements among family members about the wishes of their loved one.

The Alzheimer's Association recommends that every legal plan should include the following.

- Plans for health care and long-term care

- Plans for finances and property
- Identification of another person to make decisions on behalf of the person with dementia (i.e. Power of Attorney)

These strategies will ensure that a person's medical wishes and plans for finances and property are followed or that a designated person has the authority to make those decisions. A good place to start is talking to a care consultant who specializes in dementia. There are many community agencies that do care planning. The Alzheimer's Association can help start a care plan and to connect families to local resources 24 hours a day at **1-800-272-3900** or **www.alz.org**. One may also visit the Eldercare Locator online at **www.Eldercare.gov** or by calling **800.677.1116**. The online directory of the Financial Planning Association can also be helpful at **www.plannersearch.org** or by phone at **800-322-4237**.

A few more key tips:

1. Talk about finances and future care wishes soon after a diagnosis

2. Organize and review important documents
3. Get help from well-qualified financial and legal advisors
4. Estimate possible costs for the entire disease process
5. Look at all insurance options
6. Consider work-related salary/benefits and personal property as potential income
7. Find out which government programs you may be eligible for
8. Learn about income tax breaks for which you may qualify
9. Explore additional financial assistance that can be provided
10. Take advantage of low-cost and free community services

An Alzheimer's or dementia diagnosis is not something that anyone is prepared for, but the sooner plans for the future are established, the better prepared the caregiver and the person with dementia will be.





SKILLED SERVICES & AMENITIES

- 24-Hour Nursing Care
- Physical, Occupational and Speech Therapy
- IV Therapy
- Wound Care
- Pain Management
- 3,200 ft² Rehabilitation Gym
- Spacious Private and Semi-Private Suites

REGENCY
AT LANSING WEST

For more information or to schedule a tour, please call our admissions department today at 517.731.6200.

12200 BROADBENT ROAD, LANSING, MICHIGAN 48917
PHONE 517.731.6200 | WWW.CIENAHEALTHCARE.COM



LET US DO THE HEAVY LIFTING.



PROUDLY SUPPORTING THE WALK TO END ALZHEIMER'S

TWO MEN AND A TRUCK
"Movers Who Care."
517.485.4545
TWO MEN AND A TRUCK LANSING MI.COM

Each franchise is independently owned and operated. | U.S. DOT No. 652129

Family and Elder Law of Mid-Michigan, P.C.

Wills, Trusts, Long Term Care Planning & Estate Administration

4169 Legacy Parkway
Lansing, MI 48911

www.family-elder-law.com

Howard (Jack) Weyers, Jr.

hjweyers@family-elder-law.com
Main (517) 351-6222
Direct (517) 999-1312
Fax (517) 351-0212

IGNITING A PASSION FOR FINANCIAL UNDERSTANDING

At Jackson[®], we believe that building a secure financial future starts today. That's why we are committed to financial education and helping people reduce their retirement worries.

JACKSON.COM

Jackson is the marketing name for Jackson National Life Insurance Company[®] (Home Office: Lansing, Michigan) and Jackson National Life Insurance Company of New York[®] (Home Office: Purchase, New York). Jackson National Life Distributors LLC.